

1. A method for providing assistance in recreating a digital image file on a user computer from information obtained over a communication network retained at a remote location with respect to said image file, comprising:

storing said low resolution digital image files and said storage parameters at a remote server of a provider; and

2. The method according to claim 1 wherein said storage parameters comprises data structure information of said high resolution digital image files.

4. A system for providing assistance in recreating a digital image file on a user computer from information obtained over a communication network retained at a remote location with respect to said image file, comprising:

a provider having a provider computer that analyzes a user storage device in said user computer over said communication network so as to obtain low resolution digital image files of high resolution digital image files stored on said storage device and storage parameters of the high resolutions digital image files; said provider storing said low resolution digital image files and said storage parameters at a remote server of a provider; and said provider transmitting said image storage parameters over a communication network to said user computer so

5. The system according to claim 1 wherein said storage parameters comprises data structure information of said high resolution digital image files.

6. A method according to claim 4 wherein said storage parameters are updated at routine communication intervals.